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Silver City, NM 88061
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Medicaid ID: YIF905033914

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10/17/2022
9:31 AM

Ramirez, Daniella

ID: 1000010718315 DOB: 7/29/1990

Progress Note (Deming)

CLINICAL STATUS:
Ms. Ramirez's condition is stable today. No psychiatric complaints have been expressed.

RECENT HISTORY:
Continued PTSD-related symptoms are reported by Ms. Ramirez. She today reports that those PTSD-related symptoms have improved, and are less frequent or intense.

BEHAVIOR:
Self-care skills are intact and unimpaired. Her domestic skills are intact. Her relationships with family and friends are normal. Ms. Ramirez is performing normally at work. She has maintained sobriety. Her anger is well controlled. Impulsive behaviors are not currently being displayed. Ms. Ramirez's food and water intake is normal. Ms. Ramirez is not confused. Ms. Ramirez describes sleep as "fair".

VERBAL CONTENT OF SESSION:
Ms. Ramirez discussed her issues with anxiety in today's session. Today I met with Ms. Ramirez in the office for a scheduled meeting. Daniella expresses having panic anxiety attacks, she is aware of it and encouraged to do more self care exercises. Daniella is also assisted in calling a program through the state Rent Help NM she is having a hard time getting through to update her email address so she can reapply for the program, this is also causing alot of anxiety for her at this time. Daniella expresses her kids are not wanting to go to the daycare agency that they go to after school, this is a concern of hers also. Daniella is gone over some breathing stress reducing techniques and emotional support.

THERAPEUTIC INTERVENTIONS:
In today's session, a goal for Ms. Ramirez was to build communication skills. In today's session, a goal for Ms. Ramirez was to build coping skills. In today's session, a goal for Ms. Ramirez was to improve her ability to manage stress. This session, Ms. Ramirez was given emotional support, structure, and unconditional positive regard. Ms. Ramirez was counseled regarding the need for compliance with all medical instructions, particularly having to do with medication. Therapeutic efforts today included a discussion of stress reduction techniques.

MENTAL STATUS EXAM: Ms. Ramirez presents as friendly, attentive, communicative, well groomed, and anxious. She exhibits speech that is normal in rate, volume, and articulation and is coherent and spontaneous. Language skills are intact. Mood presents as normal with no signs of either depression or mood elevation. There were no signs of psychotic symptoms this session. Suicidal ideas are denied. Homicidal ideas or intentions are denied. Cognitive functioning and fund of knowledge are intact and age appropriate. Short- and long-term memory are intact, as is ability to abstract and do arithmetic calculations. This patient is fully oriented. Vocabulary and fund of knowledge indicate cognitive functioning in the normal range. Insight into problems appears normal. Judgment appears intact. There are signs of anxiety. There are no signs of hyperactive or attentional difficulties. Ms. Ramirez's behavior in the session was cooperative and attentive with no gross behavioral abnormalities

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